

HONI SOYT QUI MAL PENCE

The following is an undocumented paper which does not necessarily express the views of the College Administration. The topic is Contraception. Don't expect to find much practical information on the subject in Egbert Starr Library, because I've looked and there isn't any, aside from the Time Magazine report on pills.

Conception has a good chance of occurring if any semen at all enters the female. The risk is greatest during ovulation, which usually occurs around days 12 - 16 (counting the day your period starts as day one), but any chance of conception is too great for premarital purposes - which is why I advise neither lovemaking nor plain screwing until the girl knows she's mature enough and has enough earning power and endurance to be able to raise a child without anyone's help. Despite all the suggestions I'm going to offer, it still could happen. Whether or not this information is vital to you now, it will be sooner or later. Whatever your moral views are, the more knowledge of the subject you have the better.

Methods of Contraception

First of all, the rhythm method, which does not mean twice a day. It gives you about a 50-50 chance, and it's hard as hell on both the girl and the boy. It's even worse than premarital petting, because you want each other and know you could make love, if only... Saying no when you honestly mean yes tears you apart.

Male contraceptives. A man could be sterilized by a doctor, but not many college boys go that far, and don't believe a boy who tells you he has been. He'll probably pull out a square or rectangular tinfoil packet and nervously tear it open. There's a clear plastic thing inside, about the shape you'd expect - sort of like a long balloon (in fact you can blow it up and knot it at the end if you wish). These are pretty effective (if they have no holes, either through faulty manufacturing or his roommate's practical joke) but boys hate them. Where's the fun of making love if you're still partly dressed? I hope you don't mind

mind my talking about fun. If you're making love before marriage or just screwing around, you really should realize you're not doing it for procreation. If you have to keep telling yourself you love him and you really wish you could have his baby, you'll try it just this once a few times without contraceptives, and you'll get pregnant.

Diaphragms: something vaguely like a large contact lense. You have to go to a doctor and get measured for one. Not to a Middlebury doctor, either. They're effective if placed correctly, though putting one in is a bother. You shouldn't be making love with this boy if its embarrassing for you to have a contraceptive and to stop to place it. That's part of admitting what you're doing, and of choosing your man well.

Foams, jellies, creams: you draw it out of the bottle with a syringe several inches long, inject it into yourself, and pray. None of them are very safe at all, say many pregnant girls. Check on the box to see how it works - some try to kill the sperm chemically, others just try to keep them from getting to the egg. One or two or a thousand are always going to make it past, the clever devils. Brands include: Delfen Foam (\$3), Emko Foam (\$2.55), Koromex A (\$2.50), Koromex Jelly (\$2.50), Koromex Cream (\$2.00), Ortho Gynol (\$2.50), Delfen Cream (\$2.25), Ortho Cream (\$2.50) and Preceptin (\$2.95) (different prices on all of these for Family size). You have to be able to face down the hands-on-hips and stare of the drugstore ladies.

Then there's the Pill, which I recommend. Since its fairly new it has not yet been tested for 20 or 30 years at a time, but it has been tested with thousands of women so far and has not been proven unsafe. It is the most certain method of contraception. It prevents ovulation, so the sperm can go where they please and find nothing. Have a thorough physical at your new doctor's (preferably a gynecologist), with a ring and an assumed name, have him explain how they work, and get a prescription. Rather than appear in a Middlebury drugstore for refills (\$2 per month) it might be easier to have them mailed from a neighboring town (ridiculous, isn't it?). You start taking them five days after

your period starts and take one about the same time each day for twenty days. Your period will usually start about three days after you take the last pill.

Certain pills are composed of both estrogen and progestin. Their brand names are: Enovid (Searle), Norinyl (Syntex), Norinyl-1 (Syntex), Norlestrin (Parke-Davis), Ortho-Novum (Ortho), Ovulen (Searle) and Provest (Upjohn). In others the first 15 or so pills are estrogen and the rest progestin: C*Quens (Lilly), Oracon (mead Johnson, and Ortho-Novum SQ (Ortho). The former are thought to be slightly more safe.

How to approach your doctor. The nearest towns of any size are Rutland and Burlington, which you can get to by bus if not by car. The Vermont Transit Office is on Court Street, phone 4373. I think busses leave for Rutland at 8:55am and 12:25 in the afternoon, and for Burlington at 7:03am, 1:05pm and 2:55pm. Borrow a plain gold or silver ring from someone, invent a married name and place of residence (but don't tell any more of your "story" than they ask for) and keep your cool. Pay before you leave, since the bill would never reach you. Take an old-looking girlfriend with you if you need moral support. You can find a list of doctors in the phone book or by calling Information. Several phone calls (Rutland 40c, Burlington 45c) to their offices will tell you which (obstetricians, pediatricians) are superfluous for your purposes. You should make an appointment.

If You Become Pregnant

As I said before, lovemaking is serious as well as fun, and even with these precautions (though its very unlikely if you take the pills) you may find yourself pregnant. Most girls, even they've gone through severe month-end scares and had friends who had to marry too early or take a quick trip to Tijuana or NYC, still can't believe it will happen to them. If you've been foolish or there's any reason for fear, take a pregnancy test in Burlington or Rutland, or at a clinic elsewhere. If you are pregnant you've got to know as soon as possible so you can face

facts; not knowing won't make it not so. Call in advance and ask to bring in a urine sample. Follow their directions as to eating and drinking before the sample. Wear your ring and play it cool. Don't feel obliged to tell them how much you really would like to have a baby. If you let them know you're unmarried they won't help you, they'll just disapprove, and that's the last thing you need. Pay them when you give the sample (usually \$8 or less). If you go in the morning they may have finished the chemical analysis by that afternoon, and you can telephone them for results.

You have to straighten things out inside yourself and think about the many possibilities. They include: tell your parents. Some parents are cooler than you'd expect, and may have a doctor friend who'd give you an abortion. Other parents might lock you in your room for nine months. If your relationship with them is such that you can expect love, support and understanding, then by all means tell them. If you try to protect your parents, be sure you are mature enough and have enough money and contacts to handle the matter on your own. This is why I say don't make love until you are responsible enough to handle a possible pregnancy.

One choice: have the baby. You could take a semester off and go to a home for unwed mothers (they are depressing and disapproving, with dozens of unhappy girls), or visit a large city for a few months as you grow larger and have the baby in a hospital. You could give the child up for adoption (though he might be lonely in an orphanage) or let your parents raise it. You might want to raise it yourself. That requires earning power, which is slim without a college degree; plus a very healthy mind and self-assurance to stand the scorn and derision you will face. Or you could suddenly marry. Remember that if you two can't stand each other and divorce after a few years you'll still have a fatherless child.

Another choice: abortion. It is extremely dangerous to have an abortion now, since they are illegal. You run the risks

of infection, disease, getting mangled, and getting arrested. You run a good chance of dying if you get one more than three months after conception.

Abortion can be free or can cost \$1000. Expect to pay at least \$400. Don't let your cousin in medical school do it: find someone another girl has been to and survived. A D&C is a dilation and curettement. They hold you open with instruments and scrape the uterus wall (the fetus is lodged there). If you're uncertain how reliable the doctor is it might be best to refuse anesthesia, stand the pain, and make sure he cleans his hands and instruments and actually operates. Either way you will be in pain for at least a day afterwards. If there is any reason for worry go to a hospital or gynecologist. With laws as deadly as they are, don't give them the abortionist's name unless he has actually mistreated you. You must take some prescribed medicine against infection.

There are also some miscarriage-inducing injections which almost any big-city doctor can give. They are usually effective only if given during the first two weeks or so after conception, but they may work even after a month. This consists of one huge shot a day (in your rear end) for three or four days. You may have the miscarriage as much as two weeks later. You will be in agony for four or five hours and there will be strong, painful contractions every few minutes for the next day or so. It will amount to one huge period. If the pain is too severe see the doctor. You may have to have a scraping afterwards, much like a D&C.

(There may be a free sample of a male condom enclosed in this envelope. Its the cheapest kind I could find for mass-distribution purposes and purely a demonstration model, so don't give it to your boyfriend.)

Be wise, be careful, and be honest with yourself.